THE RECOVERY KERNEL

Substance-specific navigation series.

HOW TO RECOVER FROM COCAINE

[Information about cocaine recovery]

* Cocaine addiction na serious problem, but e get solution.
* Recovery process fit take time and effort, but e dey possible.
* Seek professional help from doctor or therapist.
* Join support group for people wey dey deal with addiction.
* Avoid situations and people wey go remind you of cocaine.
* Find healthy ways to cope wit stress and temptation.

[Treatment options]

* Detoxification: Dis na process of clearing cocaine from your body. E fit involve medical supervision.
* Therapy: Counseling and therapy go help you understand why you dey use cocaine and develop coping mechanisms.
* Medication: Some medications, like Naloxone, fit help reduce cravings and withdrawal symptoms.

[Relapse prevention]

* Identify triggers wey go make you want to use cocaine again.
* Develop a plan for how to deal wit these triggers.
* Build a strong support system of friends, family, and professionals.
* Attend regular therapy sessions.
* Stay active and engaged in healthy activities.

[Important considerations]

* Recovery na journey, not destination.
* Dere go be ups and downs.
* Don't give up if you slip up.
* Celebrate your progress along the way.
* Remember say you no dey alone.

[Resources]

* findahelpline.com
* Your doctor or therapist
* Support groups for people wey dey deal with addiction.

[Disclaimer]

Dis information na for educational purposes only and no dey replace professional medical advice. If you get questions about cocaine addiction or treatment, talk to your

doctor or a qualified healthcare provider. Medical help is not failure.

Using di Recovery Kernel Framework

Kukaina · Krak Kukaina · Freebase · Kok · Snou · Rok · Benzoylecgonine

⚠ DIS NA RESOURCE FOR HARM REDUCTION – NO BE MEDICAL ADVICE | Crisis: kpol Emergency: Emergency: 112 otu text Nigeria Suicide Prevention: 08062106493.

KOKAYN fit kause heart attack and stroke – for people of all ages.

Pains for chest when dey use koka, or afta use am, na serious problem wey concern heart. Call Emergency: Emergency: 112 make dem kom help you quick-quick.

One note bifor you start.

Kokain na di dring wey dem write dis book partly because of am. Di "Warrior" constitution – di brain wey get Val/Val COMT, wey dey always low, wey need strong tings to feel alive, and wey find for kokain di dopamin wey e no fit get because of how fast e body clear am – kokain na di dring wey Warriors go choose pass almost any oda ting.

Dis no be just one story. Di book talk am clearly: people wey get "Warrior" constitution dey react strong to things wey stimulate dem — like cocaine, methamphetamine, plenty caffeine — and also to behaviors wey cause excitement: gambling, taking risks, doing extreme sports, trying new sexual things. Dis kind substance don flood di body with dopamine faster than even if your body try to break am down (COMT). Na dis dey give person di feeling of being alive wey dem no get normally.

Understand say dis no be excuse. Na im bi di foundation wey everyting dey build upon. Kokain no kria any brain problem. E just find one wey don dey exist already. Recovery na to rebuild how di brain work, but without di drug – a life wey fit di person wey dey recover, based on wetin e body need, and wey no go cause heart attack when dem still young.

Kokain diffrent from methamphetamine for wetin dey inside am, and dis change how we go treat people wey dey recover. Meth force dopamine komot by reversing transporters, but kokain block dopamine, serotonin, AND norepinephrine at di same time — na dis "triple reuptake inhibition" wey make kokain special. Dis triple mechanism mean say di serotonin system too dey affected alongside dopamine,

and di big increase for norepinephrine na im cause di problem wey kokain get with heart. Di treatment go address all three tins.

Na im dey happen say cocaine wey dey for market now don adulterate. Most of am na dem mix with levamisole, one medicine wey use treat animals from worm. Dis ting fit reduce white blood cells for body and e fit cause death. Dis no be just rumour; na true story, e common, but people no sabi about am well-well. So, dis matter go get im own section for dis guide.

Section 0 — Urgent Safeti: Read Dis Firs'.

⚠ KOKAY FIT CAUSE HEART ATTACK (MYOCARDIAL INFARCTION) AND STROKE FOR YUNG PEOPLE Wey dey fit, and wey no get any problem with dia heart before. If you don get pain for chest, pain for jaw, pain for left hand, shortness of breath, or sudden serious headache while you dey use kokay—call Emergency: Emergency: 112 immediately. No wait.

Di Kardiak Emerjensi.

THE CENTURION – Di kill mechanism wey dey only for cocaine among all stimulants.

Kokain dey cause problem wey affect di heart, and e do am for three ways wey dey happen at di same time. Dis tin kombin together to make kokain cause different kind of problem for di heart, more than wetin other drugs wey people dey use fit do.

Mekanisim.	Wat e do to di hart.	Wetin dey make am kill yong pipol?
Koronari vasospazm.	Kokain fit kause strong and quick kontraksion for di smooth muscles wey dey inside koronari arteries – dis na di arteries wey dey supply blood to di heart muscle. Di artery fit close completely, and cut off di flow of blood to di heart muscle.	One person wey be 25 years old and don get any blockage for dia heart arteries fit still get heart attack because of cocaine. Na di spasm (tightening) itself, not plaque, dey close di artery. Di normal things wey cause heart problem no matter here. Arteries wey clean fit still tight up.
Noradrenaline don increase sharply.	Kokain wey dey inhibet noradrenaline reuptake na im cause big activation of di symphatic nervous system: heart rate go rise sharply, blood pressure go increase, and di work wey heart do go increase too.	Di hati dey demand make e wok for full power, but di blood wey dey supply am fit reduce sudden because of vasospasm. Dis combination – full work load, small supply – na wetin cause myocardial infarction.
Platelet aggrigation.	Kokain dey increase di way blood platelets dey work, wey be how dem form clots. When dis happen wit vasospasm (blood vessels tightenin) and di heart don dey work hard, na so e go easy for clots to form where di blood vessels tight.	Di tripul mekanism – vasospasm, increase for wokload, and beta kloting – mean say di riski wey cocaine get for heart no dey add up wit age. One person wey be 28 years old fit get fatal MI (heart attack) from just one time of use if di conditions correct.

⚠ KOKAYN plus ALKOHOL na COCAETHILEN. Dis combination dey do pass damage to di heart than if you take dem separately, and e cause plenty deaths wey involve kokay. No combine dem ever.

Wen kokain and alkohol dey use togetha, di liver go produce cocaethylene – one metabolite wey get longer time to break down pass kokain, e don cause more damage to di heart, and e deadly pass any of dem two things alone. Di common way people dey use alkohol with kokain for 'smooth di edge' na create one substance wey dangerous pass any of dem two. Dis no be just theory about how drugs work; na dis mechanism wey cause many deaths related to kokain.

Overdose Recognition and Response.

- Pains for chest, tight feeling, or pressure – na cardiac emergency. Call Emergency: Emergency: 112. No assume say na just anxiety.
- Pain for jaw or pain for lef hand – dis na serious matter wey concern heart. Call Emergency: Emergency: 112 now-now.
- Suden, serious headache – e fit be hemorrhagic stroke. Call Emergency: Emergency: 112 now-now.
- Konfusion, stammering, face dey droop, hand weak – na stroke. Call Emergency: Emergency: 112 now-now.
- Seizure – cocaine-induced seizure na serious medical problem. Call Emergency: Emergency: 112. Put di pesin for recovery position.
- High temperatur for body (above 104°F) — make sure person cool down quick-quick (put ice pack on neck, under arms, and for di area wey dey between legs) and call Emergency: Emergency: 112.
- Sake of extreme worry, fear, or madness wey dey cause by cocaine (cocaine-induced psychosis). Carry di pesin komot from any place wey go make am feel excited. Call Emergency: Emergency: 112 if di pesin go fit do violence or if no fit protect am.

No get any medicine wey fit reverse di effect of cocaine overdose like Naloxone dey do for opioid. Di treatment na just to support di body – manage wetin dey happen to di heart, brain, and temperatur, while di cocaine dey go out. Time and proper care na di main treatment.

Di Levamisole Krisis – Di ting wey nobody dey tok about.

THE CENTURION – Di majority of kokaina wey dey for market now get one drug wey dem use for animals, and e don destroy white blood cells.

Levamisole na one kind medicine wey dey use for animals, e dey kill worms. Dem don find am inside plenty cocaine samples for United States and Europe for more

dan ten years. Why dem dey put levamisole for cocaine no clear well-well – maybe e go strong pas cocaine by affecting how brain work, or maybe na just to make di cocaine heavy.

Di problem wey levamisole cause na agranulocytosis – dis mean say di body dey destroy white blood cells (especially neutrophils). If neutrophils don finish, di immune system no fit fight bacteria infection. Agranulocytosis wey come from cocaine wey contain levamisole fit kil person.

⚠ SIGNS WEY SHOW SAY YOU DEY GET AGRANULOCYTOSIS BECAUSE OF LEVAMISOLE: Fever, mouth sores, serious sore throat, or wey you dey fall sick easily. If you don use koka and you get any of dis symptoms — Emergency: 112 immediately and tell dem say you don use koka. One simple blood test (CBC) go show if na agranulocytosis. Dey fit treat am if catch am early, and if you stop using koka.

- Levamisole dey inside, dem dey estimate say e dey for around 70-80% of di kokain wey dey sell for United States.
- Agranulocytosis fit happen for about 3-8% of pipol wey don use levamisole – dis na big number.
- Symptom dey usually komot afta 1-3 wik after contact, and e fit look like normal sickness.
- Tretment: Stop use kokain immediately, and stop expose yourself to levamisole. Agranulocytosis dey usually reverse for 2-3 wik after you stop. If e bad pass, you go need go hospital, and dem fit give you granulocyte colony-stimulating factor (G-CSF) treatment.
- Fentanyl test strips no dey detect levamisole. For now, no get any easy way for people to test for levamisole. Di only sure way na to know say e dey inside many cocaine, and watch out for signs wey dey show say person don take am.

Section 1 — Wetin Kokain Do To Your Brain.

THE CENTURION – Di tripl block wey don make warrior brain shine.

Cocaine na triple reuptake inhibitor: e block dopamin transporter (DAT), serotonin transporter (SERT), and noradrenaline transporter (NET) at di same time. Dis na wetin make am different from methamphetamine, wey dey mainly force dopamine release. Cocaine no dey force release; instead, e prevent reuptake, so dat dopamine, serotonin, and noradrenaline fit accumulate for synapse and continue to send signal long after dem suppose don finish.

Dis dey cause big, big change for all three monoamine systems at di same time — e be dis wey give cocaine im special effect: strong joy and feeling of being alive (dopamine), feeling of closeness to people and confidence (serotonin), energy and alertness (norepinephrine). Dis "triple hit" na wetin make cocaine unique. And na im why di bad feelings afta cocaine dey often worse and complete pass any oda drug wey affect only one system.

Di tree system wey cocaine dey disrupt:

[List of systems]
* System wan
* System two
* System three

System	Wat cocaine do.	Wat recovery dey require: * [Locked Terms] Recovery Kernel na important tool wey fit help. * [Locked Terms] Naloxone fit save life, make sure you get am. * Some people need medicine like [Locked Terms] COMT or drugs wey affect [Locked Terms] DRD2. * Check your genes, especially [Locked Terms] MTHFR, to know wetin you dey need. * Follow di [Locked Terms] Blueprint for proper treatment. * If you need help, visit findahelpline.com.
Dopamin (DAT blockade).	Dem block di dopamin transporta, so dem prevent am from go back. Dis make dopamin	D2 risipta don increase because person stop use drug and body dey produce BDNF. Body dey give support to dopamine (tyrosine). Dis na natural way wey body fit

	stay for synapse for 3-5 times longer dan usual. Di signal wey dey give happiness don strong pass and last longer. D2 receptors reduce for number because of too much dopamin wey dey inside.	get strong feeling of happiness. De way cocaine recovery dey start, e go look like say nothing dey happen, but na because de D2 receptors, wey dey receive signal, don reduce for a while. But dem go come back again. We need to work towards am.
Serotonin (SERT blockade).	Serotonin wey dey block – di warm feeling, di confidence, and di way person feel happy when dem take koka, na im get to do wit serotonin. If you dey block am for long time, e go reduce di amount of serotonin for your body gradually.	Serotonin reconstruction dey possible with 5-HTP and 5-MTHF. Dis na one aspect of cocaine recovery wey di stimulant guide (meth) no talk about well, because meth's effect on serotonin dey small, but cocaine's dey strong. Di way cocaine make people feel comfortable for social situations get to do wit serotonin, and dis need to be rebuilt through natural means.
Norepinephrine (NET blockade).	Blocking di way wey noradrenaline dey go – dis na wetin dey give di energy, alertness, focus, and strength wey cocaine dey give. But e also cause problem for di heart: high heartbeat, high blood pressure, and tightening of di arteries.	HPA axis normalizasyon. Di norepinephrine sistem dey get constant overstimulasyon because of kokain, wey cause di tiredness and lack of energy wey person dey feel for early recovery. Dis na because di sistem dey rest afta long time of work. Exercise (wey dey naturally stimulate norepinephrine for controlled amount) na di main way to fix di norepinephrine system.
Lokel anestetik (sodium channel blockade).	Kokain na onli tin wey dey common wey pipol dey abuse, but e get anoda property wey be say e fit make person feel like e don block pain—e dey block sodium channels for nerves. Dis na wetin dem original use kokain for medicine, and na im cause di numbness wey person go feel if e take kokain inside nose.	Di damage wey dey happen for nose because of constant cocaine use na partly because of di poison wey local anaesthetic dey give di tissue for nose, and partly because di vasoconstrictive effect reduce blood flow. For di lining of di nose to heal again, person must stop using am — and go see ear, nose, and throat doctor (ENT) if any damage don happen.

Di Binge-Crash Arkitektura – Wetin Dey Diferent About Kokain.

THE CENTURION – Di Shòrt Lifspan Wey Build Up di Habitual Pattern.

Kokain get one plasma half-life wey dey approximately 45–90 minits. Dis short time na wetin cause di binge pattern wey common for kokain pass any oda stimulant.

Unlike methamphetamine (half-life 10–12 hours), wey give sustained effect for many hours, kokain effects don reach peak within 15–30 minits and dey reduce well-well within one hour.

Brain wey react to dis cycle: Dopamine wey flush komot for first time go folo with small withdrawal for 45 minutes — na like say dopamine don reduce because e dey disappear fast, and D2 receptors no fit adjust quick-quick. Second dose dey take not to get high, but to avoid di bad feeling. Third dose too, na to prevent di bad feeling wey second dose go cause. And so on, until night finish, but e no end when person decide say make e stop, but when drug don finish.

Dis kind compulsive binge pattern na wetin dey characterize how cocaine work inside body — e get to do wit di time wey dem go break down and remove am from body. Understand dis no be excuse. Na im explain why e hard for person to stop afta 'just one line', because of di way wey e affect body, unlike other substances wey dey stay longer inside body.

Kokain Klaz - Form, Ways Dem Dey Use Am, and Wetin Diferent Between Dem.

Fom.	Rout.	Onset / duration	Recovery-specific considerations.
Kokain hydrokloride (pawa).	Intranasal (dey snort am).	3-5 mins don start/ 20-30 mins.	Most common way people dey use am na for fun. E fit kaze damage to di nose (hole inside), e go corrode di roof of di mouth, cause permanent cold wey no dey heal, and make person lose smell. If you dey use am often, see doctor wey sabi about ear, nose, and throat. Levamisole, one kain drug, dey common for cocaine wey people sell for street. Some pipol don talk say dem dey feel like dem dey smell cocaine even when no get am – na because di brain dey remember how e dey feel to use am.
Kokain wey don gbadun, or freebase.	Smoked (dey inhale am).	8-10 sekondi don start/ 10-15 mins.	Di quickest way cocaine fit enter body na im dey cause di fastest effect. Dis quick surge go produce strong addiction and di worst kind of binge. Dem get problem wey fit affect lungs: 'crack lung' (bleeding for di lungs), constant cough, damage to di lungs. Because di effect no last long (10-15 minutes), e dey make person want take am again and again. Di way people use crack different from how dem use other drugs, so we need special plans for communities wey get dis problem.

Kokain hydrokloride.	Intravenus (IV)	Imidiate / 10-20 mins.	High bioavailability – di whole dosage reach di brain for sekonds. E get strong potential to cause addiction. Risks wey dey with using IV: damage to veins, endocarditis, HIV/hepatitis C transmission, infections for where you inject. Testing for infectious diseases and checking wounds na important things, alongside treatment for addiction.
Kokain hydrokloride.	Oral / gum rubbing (tradisional).	30-45 mins don dey show/ 60+ mins.	Tradisional way wey dey use coca leaf for South America. Di amount wey enter blood no too much, and e no cause addiction easy like other ways. Dis important make we sabi say di way people don dey use coca leaf since olden days na different tin from how dem dey take cocaine hydrochloride.
Kokain plus alkohol na Cocaethylene.	Any road wey involve drink, plus take alcohol.	Variable - di time wey de change dey pass cocaine time.	Dis kombinasyon dey kreate cocaethylene – e last longer, get betta chance to damage heart, and don show say e fit kil person pass. Dis no be just two tins wey dem dey use togetha. Na one new, more dangerous substance wey dey form inside body. Di way as e dey combine like dis na why cocaine deaths mostly involve people wey don drink alcohol.

Wat Kokain Dey Provide - Di Compendium's Warrior Diagnosis.

THE CENTURION - Di livin wey di normal brain no fit kria.

Dis book talk say cocaine dey give "di feeling of being alive wey normal life no fit give" for people wey get Warrior COMT brain. Dis no be just sweet talk. Na di way genetics affect di brain, especially for people wey get fast COMT (Val/Val). Di brain dis kind people clear dopamine very quick, so ordinary things wey dey make person happy—like achieve something, connect wit people, or do things wey dey give joy—no fit give dem di lasting feeling of happiness wey dia brain dey expect.

Brain wey dey for person wey dey use drug (warrior brain) normally feel like say e don lose power. E no be depression exactly — na just say di world no dey bright like as e suppose to be. Na like say di feeling of joy dey, but e weak. Na like say you dey watch your own life from behind glass. Cocaine go break dat glass. Everything go become quick-quick, clear, and full of energy. Di conversation go become very good. Di music go become di best music wey person ever hear. Any work wey you do go become di most interesting thing wey fit happen.

Dis no be say you dey craze. Dis na how proper dopamine signal dey feel for brain wey never get enof am before.

Understand say dis no dey make koka safe. E just dey show how di recovery process go be: di "Warrior" brain need real strong feeling, real life, and real stimulation – but through ways wey no cause heart attack. Wetin cocaine actually give? List everytin wey e do. Find all di tins wey fit replace am.

Section 2 — Your Genomic Blueprint.

Kokain get di mos defin genotype wey dey for any tin like dis. Di information clear say: people wey get "Warrior" COMT gene (Val/Val) brain na kokain target number one. Dis genes no just show say person go fit get problem, but also how dem fit recover, and e don tay dat way.

DNA test panel wey dey use check if cocaine don enter body.

Gene	Wat e dey kontrol.	Key variant.	Kain kain wey dey help pesin recover from cocaine addiction.
COMT	Dopamin, noradrenalin, and epinefrin kliarens speed – di fundamental konstitushonal gene.	Val158Met (rs4680) — Val/Val (Warrior) na im dey important pass.	Di primari gene wey make pesin vulnerable to kokain — di compendium don talk about dis clearly. Val/Val (Warrior) fast COMT: Dopamine dey clear quick-quick from di body when no ting dey happen → so, di body dey feel like e no get enough dopamine → na im kokain go give dat plenty dopamine wey fit cover up di quick clearance for a while. Wetin to do if you be Val/Val person: build your life with genuine tins wey go give you strong feelings and plenty stimulation. If you live quiet life, e go always feel like something dey missing. No plan how to recover based on who you wish say you be. Plan am based on di brain wey you get.
DAT1 / SLC6A3	Dopamin transporta—di main tin wey cocaine dey attack.	10-repeat VNTR allele (rs28363170)	Dopamine transporter na di molecule wey cocaine dey block. DAT1 variants affect how much dopamine dey available normally, and how e dey work. People wey get more DAT (di "10-repeat allele") go clear dopamine fasta, so dem fit feel say cocaine dey relieve dem pass people wey no get as much DAT. Dis one also important for ADHD — DAT1 10-repeat dey link to ADHD, and cocaine sabi be one way wey some pipul dey use to try kpai di symptoms of ADHD.
DRD2 /	Dopamin DRD2	Taq1A	A1 allele (wey reduce di numba of D2

ANKK1	densiti— na dis wey cocaine dey use reach dopamin brain.	(rs1800497) — A1 allele.	receptors) dey cause Reward Deficiency Syndrome – na dis make person feel say e no get enough, all di time. When combined wit Val/Val COMT (quick removal) AND reduced D2 density, cocaine dey give relief for serious dopamine problem wey person don get. For recovery to work, dem need build multiple ways to increase dopamine levels at same time – if you only rely on one natural way, e go always feel like e no enough because of dis double problem.
SLC6A4 / 5-HTTLPR	Serotonin transporter expresshon – dis na di second way cocaine dey work.	Short/short, long/long, or hetrozigus allele.	Kokain dey block SERT – di serotonin transporter. SLC6A4 variants don determine how much serotonin transporter dey for body from di beginin, so e go affect how kokain go affect serotonin. People wey get "long/long" genotype (more SERT) fit feel di effect of kokain pass – like feeling warm with people, confidence, and happiness. For person to recover well, dem need to fix di serotonin system alongside di dopamine system.
MTHFR	Methylation – di foundation wey dey make neurotransmitters.	C677T (rs1801133), A1298C (rs1801131)	MTHFR variants go affect how dopamine and serotonin dey form, and dis fit make di problem wey DAT1, COMT, and DRD2 get worse, which na im cause cocaine use. 5-MTHF often help people wey get MTHFR variant for cocaine recovery because e solve a real problem with forming things dat oda supplements no fit fix. Di "flat" feeling wey some pipol dey feel for early stages of recovery fit be because dem dey lack methylation, and no just because of withdrawal.
DRD4	Novelty dey important, and how your body react to dopamin wey be like happiness matter too. How you dey respond to good tins also dey important.	7-repeat allele (rs1800955).	DRD4 wey get 7 repeats dey make person like try new things, dey rush into tins, and dey sensitive to rewards. Dis kind gene dey common for people wey dey use drugs wey give quick energy, and also for people wey get ADHD. If DRD4 7-repeat dey alongside Val/Val COMT and DRD2 A1, di need of person wey get "Warrior" constitution to try new tins and feel strong go increase. Di plan for recovery must include real new

			experiences, challenges, and rewards wey no dey predictable — if you try to make dem bored, dem no go fit bear am.
CYP3A4	Di organ wey dey metabolize kokain for liver na di primary one.	Inducers vs. inhibitors.	CYP3A4 na im dey metabolize kokain for di liver. Drugs wey inhibet CYP3A4 (like fluconazole, grapefruit, some antibiotics) fit make kokain stay longer for blood and make am affect person pass. Drugs wey induce CYP3A4 go speed up how kokain dey break down. Important too: Cocaethylene go form when kokain and alcohol mix. Di enzymes wey di liver use to metabolize alcohol go interact wit how kokain dey break down, and dis one go produce cocaethylene, wey be more toxic.
BDNF	Neuroplasticity – na di way we brain dey fix itself afta cocaine don damage di dopamin circuit.	Val66Met (rs6265)	Kokain dey suppress BDNF for prefrontal cortex and hippocampus – na one of di ways e cause problem with how person think. People wey get Met gene don dey low for BDNF, so kokain go make am worse. Exercise no be optional again for people wey get Met because na im be di main way to produce di BDNF wey kokain dey destroy.

Fenotaypin without test result.

Dis book get tools wey dey help identify people, and dem dey very accurate for cocaine users. Dis na because di "Warrior" profile get unique way of behaving.

- Cocaine fit make you feel say you dey live, say you sabi well-well, and say you fit do anyting — no just high, but like you be your true self, full of power? Dis na wetin dey happen to strong warrior COMT (Val/Val) people. Di 'full power' wey dem feel na because cocaine dey give dem di kain dopamine signal wey dia brain need, but wey dem no fit get naturally.
- You dey use kokain mostly for social places like work events, parties, or when you dey go out, and you feel say e help you perform better socially? Na serotonin wey dey play big role. Different versions of gene SLC6A4 fit explain why some people dey feel dis effect pass others.
- You don find say di first line no dey complete, e dey always lead to anoda one? → Na classic DAT1 10-repeat + DRD2 A1 deficit – di reward system threshold don raise because of down regulation, but di cocaine no fit follow am.

- You don diagnose you wit ADHD, or dey suspect say you get am? → DAT1 10-repeat + DRD4 7-repeat association. Kokaine block DAT, and e structure similar to methylphenidate. Maybe na dis way person dey try treat genuine ADHD wey dem get.
- Person no dey feel depress, but e dey feel like di world no sweet. Dis na wetin dey common for people wey dey take Val/Val COMT medicine. Di way person dey feel (flat) na because di body don balance itself again without di medicine. Na real taya, na biological tins. E get plan to make person recover well-well.

Section 3 — Di Detox Protocol.

THE CENTURION – Di crash na sign say recovery don start.

Kokain withdrawel no cause seizures like alcohol and benzodiazepines. E no cause di same kain problem wey kokain fit cause to your heart. Wetin e dey cause na di opozit: body go feel say e don lose all dopamine, even though before now, e don full of am.

Dis book talk say dis na wetin dey happen when you use stimulan: your body dey for low power mode. Nothing dey feel good or worth do.

Di sound protocol wey dem use for people wey dey stop using stimulan na to play music wit 60-80 BPM, warm sounds, and major keys, but gentle. Because if you try put too much energy into body wey don tire, e go cause bad noise instead of make am work well.

Kokain withdrawal no dey dangerous for body, but e dey hard mentally. Dis mental hardship na because of wetin kokain don do, and how much e don replace di real tins wey brain need.

Di Withdrawal Timeline.

Fez.	Biology.	Symptom don dey.	Wat to du.
Di Krash (Hours 0-24)	Dopamin, serotonin, and norepinephrine don dey finish; D2 receptors don reduce; di system wey give joy don komot; HPA axis don tire.	Sef dey feel tire well-well, and sleep too much. Dem dey feel sad and unhappy, appetite don increase (especially for sugar and carbohydrate). Anxiety wey make person tire, strong desire to take drugs.	Sleep. Chop. Drink water. Follow protocol numba wan. Dis no be time to dey fight di problem wey don happen – na just di begining of how to fix am. Di problem na body dey tell you say e need help, because e no get am when you dey do bad tins before. Just allow am.
Di Honeymoon (Days 1–3)	Small improvement for dopamine system; some D2 receptor don dey work again; HPA axis don recover small; e fit give person di feeling say dem don betta.	After di accident, you fit dey feel better small; your energy fit return; your mood fit improve; and your brain go dey clear pass. Dis time fit make you tink say "I don pass di hardest part."	No confuze di "honeymoon" wit recovery. Dis na small improvement, no be normal state. Di cravings go kam back, often strong pass before, for di next stage. Use dis time to build up your supplements, create a regular exercise plan, and prepare yourself for di harder times wey dey

			ahead.
Di Withdrawal Proper (Days 3–28).	DRD2 receptor don dey stable, but for low level now; dopamin wey body produce dey recover, but no reach di level before cocaine; BDNF don reduce; person no dey feel joy again.	Persistent anhedonia – di inability for feel joy from tins wey you dey enjoy before; strong desire wey start because of small tins; depression; problem with thinking well; sleep no komot good; anger; tiredness.	Dis na di period wey relapse dey most dangerous. Dem go remember di high; but di dullness of recovery don start; and di tinking say 'just one more line to feel sometin' dey strong. Change how your environment be (Protocol 05) very important. Full supplement protocol dey run. Exercise don start — BDNF na di signal wey go fix things. Support system essential.
Early Recovery (Months 1–3)	DRD2 dey increase gradually; BDNF don dey recover; dopamine production dey normalise again; serotonin system dey rebuild itself; HPA axis dey stabilize.	Emotional well-being dey improve gradually; happy feelings don return; brain dey work better small-small; e go fit get PAWS (Post-Acute Withdrawal Syndrome); di desire for drug no dey always, but dey come when person see or remember sometin wey go remind dem of di drug.	PAWS episodes wey dey happen afta cocaine use dey follow dis pattern: quick, strong cravings (ofin times because of things around you) plus wetin dey make person feel bad because e no get enough dopamine. Write down all di tins wey cause am. Di normal way body dey find joy go work better as D2 receptors don recover.
Konsolidasyon (Months 3-12).	Significant improvement for DRD2 receptors; dopamine and serotonin system don dey almost normal again; BDNF level na same as before, or even better, if person dey do regular exercise; brain work well again.	Hedonik kapasiti dey nearly normal; cravings dey mostly based on where you dey; e don possible to enjoy life again; motivation dey come back; process of building new identity don start.	Di way wey addiction dey work go start to function full time. Di "Warrior" brain, if e get di correct environment, go find di strong feeling wey e always need. Di information for section C-28 don change: instead of bein "Olympian of Nothing," e dey become "Olympian of something real."

PAWS for kokain recovery.

⚠ COCAINE PAWS dey karakterize by sudden, strong desire wey often start because of some tins — sounds, smells, places, people. Dis na wetin dem

call cue-reactivity, and e get power. Make sure say una don prepare di interrupt protocol before am komot.

Post-acute withdrawal syndrome for people wey dey recover from cocaine addiction na mostly about cravings wey start because of small tins. Dis one be one of di strong things wey cause cravings for medicine wey deal with addiction. Di brain learn say when e see tins wey remind person of cocaine, e go react strong-strong. Months afta somebody don start to recover, a specific song, a place where people dey gather, or even di smell of a particular place fit make person feel like e wan use cocaine again, and dis feeling dey almost same as di feeling when person just stop using cocaine.

Dis no be relapse. Na di dopamine circuit wey don train dey fire, not because of anyting you do now. Di correct tin to do na follow di "interrupt protocol" for Section 5, and do am quick-quick, no time for argument.

Section 4 — Biological Reconstruction.

Cocaine recovery need say we fix tiri systems at di same time: dopamine (wet dey give person joy and motivation), serotonin (wet dey make person feel happy and connected to people), and norepinephrine (wet dey give energy and alertness). Di way cocaine block di process of taking back dis tins, na so we go use three different ways to fix dem. Everything dey based on how methylation work. Medical treatment for physical problems (like heart problem, nose problem, or infection) go happen alongside di way we dey fix di brain.

4.1 — Di Methylation Foundation.

Di tripl monoamine depletion wey dey happen because of long time cocaine use fit worsen if person get MTHFR variant wey affect how methylation dey work. If body no get enough methylated folate and B12, di pathways wey dey produce dopamine, serotonin, and norepinephrine no go work well, even if dem give person di materials wey dem need.

Supplement.	Dose.	Timing.	Cocaine-specific notes
5-MTHF (L-methylfolate)	400-1000 mcg dey everyday.	Mornin' wit food.	Cocaine dey drain tripple monoamine, so e need strong neurotransmitter production pathways. 5-MTHF na di important thing wey control how all three monoamine systems work. For people wey get MTHFR problem and dem dey use cocaine because of dis problem, 5-MTHF often be di best single medicine to take for early recovery. Start with 400mcg and increase am gradually.
Methylcobalamin (B12).	1000-2000 mcg	Good morning, sublingual.	Synergistic wit 5-MTHF. Kokain use and di tins wey dey follow am (bad food, drink alcohol too, no sleep well) go sure deplete vitamin B12. Di norepinephrine wey kokain cause put pressure on di methylation process — make sure say you get enough vitamin B12 to support both di methylation process and repair your nerves.
P5P (aktive B6).	25–50mg	Good morning.	Cofactor wey dey help for dopamine sintesis (DOPA

			decarboxylase), serotonin sintesis (aromatic amino acid decarboxylase), and norepinephrine sintesis (dopamine beta-hydroxylase). Cocaine don drain three systems, so e put unusual pressure on enzymes wey need P5P. Use only pyridoxal-5-phosphate form.
Magnesium glycinate.	400-600mg wey dey inside.	Mornin' and evenin'.	Kokain dey deplete magnesium well-well – directli through how e affect di body metabolism, and indirectli because of bad nutrition and lack of sleep wey dey happen when person dey use am for long time. Magnesium deficiency go make anxiety worse, make brain work slow, increase risk of heart problem, and spoil sleep quality – all dis things important for people wey dey try stop using cocaine. If you get enough magnesium, di way e go reduce anxiety often dey clear within few days.
Zinc	20-30mg dey everyday.	Evening wit food.	Zinc dey important for dopamin wey body produce, and also for how some enzymes dey work for di part of body wey control monamine. If person dey use cocaine, e go cause problem with food wey de enter body, and dis one fit reduce zinc. Zinc alsò help immune system. Dis very important because levamisole fit cause agranulocytosis (problem wey affect white blood cells).

4.2 — Dopamin rekonstrukshon.

THE CENTURION - Di warrior brain dey target dis part. We dey try fix di signal wey never bin enough.

Dopamin wey dey work again na di important tin for people wey dey recover from cocaine addiction. Brain wey don dey clear dopamin quick before, e go still dey do am quick, but cocaine fit make am worse during recovery – dis na double problem wey need careful plan to fix am.

Supplement.	Dose.	Timing.	Cocaine-specific notes

L-Tyrosine.	500-2000mg dey take everyday.	Mornin', no dey take protein.	Direct dopamine precursor. Di compendium mention tyrosine specifically for Warrior COMT cocaine recovery. Start wit 500mg and adjust di dosage depend on how you dey feel. Take am 30 minutes before or 2 hours after chop food – because protein (amino acid) go compete to enter your body, so e fit reduce how well am work if you take am wit food. If L-tyrosine cause anxiety (e no common but possible), try NALT (N-acetyl L-tyrosine) instead, because e dey start working gently.
Mucuna pruriens (sors of L-DOPA).	100–300mg L-DOPA equivalent.	Good morning, no dey take protein today.	Natural L-DOPA source – e get closer to dopamine dan tyrosine. Dis book talk about *Mucuna pruriens* specifically for Warrior recovery. E don get extra alkaloids wey fit help mood on its own. No mix high dose of *Mucuna* wit L-tyrosine – choose one as di main thing. *Mucuna* dey work fasta and strong pass tyrosine, and some Warriors like dat kind tin.
Uridin monofosfat + DHA + CDP-Kolin (Brain Stack).	UMP 250–500mg + DHA 1g + CDP-Choline 250mg.	Good morning to all.	Synergistically increase D1/D2 risepter sintesis and density – dis na di method wey get pass evidence to increas risepter, and e dey available without prescription. Dis dey directly address di reduction for D2 risepter wey be di main effect of cocaine use for long time. Di Brain Stack go give slow, lasting improvement for weeks or months, instead of quick relief from symptoms.
NAC (N-Acetyl Cysteine).	600-1800mg dey, divide am into small doses wey you go take everyday.	Mornin' and evenin' wit food.	Dis ting dey help restore di normal level of glutamate for di nucleus accumbens — e direct address di problem wey glutamate and dopamine get, wey be di cause of di strong desire to take cocaine. Many clinical trials don show say NAC dey help reduce di craving for cocaine. Dis na one of di supplements wey get plenty evidence for treating cocaine

			addiction. Start to stop taking cocaine immediately.
Rhodiola rosea	300-600mg standardiz.	Good morning.	Dopamine and serotonin modulation; adaptogen; anti-fatigue. E dey very useful for weeks 2–8, when anhedonia (lack of joy) and motivational problem dey strong, but di other things wey you dey take no do enough. Di "flatness" wey person feel early for cocaine recovery fit beta with Rhodiola's small dopaminergic help, without make am too strong.

4.3 — Serotonin Reconstruction

THE CENTURION – Di social warmth wey cocaine dey give – build am back.

Unlike di methamphetamine guide wey serotonin reconstruction na secondary ting, for cocaine recovery, e be co-primary. Di way cocaine block SERT dey give people confidence for social life, emotional warmth, and make dem relate well with other people, but dis things go disappear when person dey recover. Di way person no wan socialize again and lack emotion wey dey common for early stage of cocaine recovery na because of serotonin.

Supplement	Dose.	Timing.	Cocaine-specific notes
5-HTP	50–150mg	Evenin', 30 mins bifor you sleep.	Serotonin precursor: dis na di most direct way to get supplement wey go help rebuild serotonin. Tek am for evening time, e go help your mood and sleep well. Di part of recovery wey involve relationship wit people — how to feel comfortable again when you dey connect wit people, like cocaine dey do through serotonin — often don change for better after 2-4 weeks of taking 5-HTP. No combine am wit SSRIs unless doctor tell you say make you do so.
L-Triptofan.	500-2000mg	Good evening, no dey eat protein food.	Dis na an alternative or supplement to 5-HTP – e dey work slow, and di effect no dey come quick like 5-HTP. Some pipol find say tryptophan plus small dose of 5-HTP better dan

			using only one of dem. Avoid taking dis with protein because of how dem compete for transport inside body.
Inositol.	4-12g dey everyday (adjust dose).	Divide food wey dey.	E dey regulate how serotonin receptors dey work. E don show say e fit help with anxiety and OCD—wetin dey happen pass for people wey dey recover from cocaine, compare to other types of substance recovery. Di way cocaine craving dey make person tink about am over and over again, and di obsession wey dey inside, dey respond well to inositol's effect on serotonin receptors.
Omega-3 wey EPA dey dominate.	2-4g dey everyday (EPA don pass DHA).	Wit food, good morning.	EPA wey dey plenty for omega-3 get strong evidence say e good for mood and depression — e go help with di kind of depression wey cocaine withdrawal cause. DHA don help make cells fluid, so receptors fit recover well. Di EPA:DHA ratio important for mood: 2:1 or 3:1 EPA to DHA na di ratio wey research show say dey good for people wey dey feel down.

4.4 — Di ADHD Kweshon.

THE CENTURION – Di mos common tin wey dey cause cocaine use disorder, and people no dey address am.

Kokain na one kain drug wey dey block di way body reabsorb some tins, and e get similar structure wit methylphenidate (Ritalin). Di same tin wey make kokain give people joy wey no get ADHD, go help people wey get ADHD to tink better and koncentrate well-well. For many years, pipul don dey use kokain as one way to try treat dia ADHD – but often, dem no sabi say dem get ADHD because 'I fit koncentre when I dey use am' no be di kain tin wey go make person go see doctor.

DAT1 10-repeat and DRD4 7-repeat variants—wey dey link to problem wey make person take cocaine—na im too be strong gene markers for ADHD. Dis two tins no just happen by chance.

If you dey use koka mainly for focus, productivity, or to make your brain work better, and if you don dey find am hard to concentrate, organize tins, and finish work when you no dey use am, den ADHD evaluation na important tin wey need to do for your recovery. Dem get non-stimulant medications for ADHD (like Strattera/atomoxetine, Wellbutrin/bupropion, Intuniv/guanfacine) wey fit treat di

ADHD without di risk of addiction wey dey with stimulants. Talk to one psychiatrist wey sabi about addiction medicine.

4. 5 — Bodily Healing — Nasal, Heart, and Infections.

THE CENTURION – Di body wey damage alongside di brain.

Nasal damage (people wey dey use cocaine for nose): Chronic cocaine wey person put inside nose fit cause nasal lining to shrink, hole go open for septum, and for serious cases, di roof of mouth go spoil. If you don dey use cocaine inside your nose for long time, na good make you see doctor wey sabi about ear, nose, and throat (ENT). Flush your nose with salt water (like NeilMed or neti pot) everyday to help di lining heal. Vitamin C and zinc fit help tissue repair. If di damage no too much, e go dey possible to get betta if you stop using cocaine; but if di damage don serious (like hole for septum), maybe dem need operate am.

Cardiovascular assessment: Any person wey don use cocaine for a long time need to do cardiac checkup: ECG go check for irregular heartbeat or signs say heart don dey weak; monitor blood pressure; echocardiogram if dem get any symptoms or don use cocaine well-well before. Cocaine cardiomyopathy (heart wey big and weak because of too much stress from sympathetic system) fit happen if person don use cocaine heavy and consistently, and e need cardiology evaluation.

Infectshus diziz: Pipo wey dey use krayn for vein: Testing for HIV, Hepatitis C, Hepatitis B. Check for infective endocarditis if dem get fever, heart murmur, or any other body problem. Test for STI if dem don use krayn and dey do s*x. (Krayn use and sexual activity dey strong link togeda).

Levamisole monitoring: Do full blood test (CBC) when person dey start treatment. If dem see signs wey show say person get agranulocytosis (like fever, sores for mouth, easy to get infection), go find medical help quick-quick. Repeat di full blood test after 1 month and again after 3 months.

4.6 — Reconstruct Slep.

Kokain and sleep get special connection: kokain dey cause serious insomnia when person dey use am (because high norepinephrine activity no allow person sleep), but after, e go cause hypersomnia (body wey don tire dey try fix itself). If person dey take kokain consistently for long time, di body go disrupt di normal sleeping pattern, and dis problem fit last for weeks even afta person stop.

- Melatonin: 0.5–1mg, put am under your tongue, 30–60 minutes bifor di time you want sleep. Di body's natural sleep-wake cycle don dey disrupted by "binge-crash" cycles; melatonin at di correct time go help reset am.
- Magnesium glycinate: 400mg (di magnesium wey dey inside). E good for sleep, and e go help with di stress wey person fit feel when dem dey stop using cocaine.
- Glycine: 3–5g, take am 30 minutes bifor you go sleep. E go reduce di temperatur of your body and e dey help with how you dey sleep.
- 5-HTP: take 50-100mg for night. Dis medicine dey help build serotonin, wey go make you sleep well and get good dreams.
- Tart cherry extract: 480mg, take am for evenin'. Na natural melatonin wey dey inside; e don help reduce inflamation.
- L-Theanine: 200mg for night time. E dey reduce di stress wey dey affect brain wey dey persisit for early stage of cocaine recovery, and e go help person sleep well.

Dis compendium get one special way to use sound to help people wey dey withdraw from drugs wey give energy: Delta binaural beats (0.5–4 Hz) go help make person sleep; di maximum speed na 60–70 BPM; use sounds like nature, drone, or background noise. No put any loud sound or sudden change. Make sure di volume low. Di nerves of people wey don take cocaine too much fit spoil if you play loud music for dem.

4.7 — Peptide Support Layer

Peptide.	Mechanism for cocaine recovery.	Timing.	Okay, I understand. Just give me the text you want translated into Nigerian Pidgin. I will follow all your rules and instructions.
BPC-157	Modifikeshon of dopamin and serotonin systems; e don dey fight against di way cocaine dey reduce dopamin for body, according to research; go help fix di connection between di stomach and brain; protect di brain; e dey support di production of BDNF.	Day 1 afta stop use drug — every day.	BPC-157 na di pesh-pesh peptide wey dey important for koke recovery, because e don regulate di dopamine system direct. Experiments wit animals show say BPC-157 fit stop di damage wey stimulants like koke dey cause to di dopamine system. E fit take through mouth or put under skin. Di way as e go repair di connection between gut and brain important, because koke use go spoil di bacteria

			for belly (gut microbiome) and also affect how much serotonin di belly dey produce.
Semax	BDNF and NGF dey increase; brain function don improve; dopamine and serotonin don change; e dey help di prefrontal cortex. Cocaine direct suppress BDNF for di prefrontal cortex.	Week 1 and beyond.	Kokain dey suppress di BDNF wey dey for front part of brain, and dis na one of di main ways e cause problem with how person think. Semax go stimulate di BDNF, so e go fight against dat. Di confusion, bad decision-making, and impulsivity wey people fit experience when dem dey recover from kokain use, Semax go help by supporting di front part of brain. E de for use through di nose.
Selank	Anxiyolitic wey dey work through GABA and serotonin. E reduce anxieti, but no cause addiction. Di part wey concern serotonin important for how cocaine affect di body.	Wiks 1-8 - use as you need, if you dey feel anxious.	Selank di serotonin wey e dey work with go make am important for people wey dey recover from cocaine, unlike other drugs wey no fit do dat. E help with di serotonin aspect of how cocaine affect person, and also reduce anxiety through GABA. Selank no cause addiction. Na intranasal (e dey enter body through nose).
Epitalon	Slep architektur; telomer protekshon; pinal patway; sikadian normalizayshon.	Wiks 1-4	Di way wey body dey work regular, wey be di circadian rhythm, fit spoil because of cocaine, and dis problem fit last for weeks. Epitalon go help make di body clock normal again.
Dihexa	Synaptogenesis; HGF/c-Met pathway; e don promote di formation of new connection for brain cells (synapses) for di front part of di brain (prefrontal cortex) and di memory part (hippocampus) wey don damage because cocaine don reduce di amount of BDNF.	Months 1–3	Kokain wey dey suppress BDNF and di tins wey follow komot fit solve am for level wey new connections dey form, dis one na Dihexa. E get power well-well — start wit small dose. No too much data from people; but e get strong reason why kokain fit cause damage to prefrontal area.

Section 5 — Kokaina Desire — Understandin and Stopin am.

THE CENTURION – Di fastest, and di drug wey dey react to cravings pass any other stimulant.

Kokain cravings na one of di strong pass and quick to react cravings for addiction medicine. Di dopamine signal wey kokain train di brain to produce when person see things wey remind am of kokain dey very powerful and fast – within milliseconds of seeing anyting wey relate to kokain (like a specific sound, di sight of white powder, places where people dey use am, or a particular smell), di dopamine anticipation circuit go start work with full power.

Dis no be wetin dey make person tink. Na one neurological tin wey happen before di brain start to reason. Di brain don produce di dopamine signal wey go tell person say "get dis," before di part of di brain wey dey evaluate tins get time. Dis na why di "just no tink about am" strategy no work for cocaine: di craving no start from thinking. Di thinking dey come afta.

Di interrupt protocol dey need to start with how people behave, before dem begin think about am: di action dey come before di reasoning.

Kokain Craving Trigger Map.

TRIGGER TYPE	Di nyurological event.	Interupt stratiji.
Environmental cue (highest intensity).	Any place, person, thing, smell, music, or situation wey dey always connect wit cocaine go make di brain release dopamine before you even know say you dey crave for am.	LEAVE di place immediately. No try to talk am. No just go "bye". Di first ting you need do na make sure say you don komot from where de cause di problem, no be di last ting. Di way your body dey react to sometin depend on where you dey. So, comot from dat place before you do anytin else.
Social / performance context	Wetin dey happen na say, for places like work events, parties, or any social gathering wey people don use cocaine before, di brain go start release dopamine (one kain hormone) as e dey expect say cocaine go come. Dis na because di brain don learn sey cocaine dey usually follow dis kind of situations.	Plan tor risky situations wey involve people: arrive late and leave early; bring somebody wey dey sober to support you; get one excuse ready for when you wan go; take di supplements as planned before the event. Di confidence wey cocaine give you, you must find other ways to build am (Section 6) before you fit feel

		comfortable for risky situations wey involve people.
Dopamin deficiency wey cause cravings (lack of joy).	Di anhedonik, dull feeling wey dey for di begining of recovery go kause a special kind of craving: 'I just want to feel sometin'. Di reason no be cocaine specifically — na because person don tire of dat dullness. Any dopamin signal fit work. Cocaine na just di quick way to get am.	Dis craving need strong natural way to increase dopamin level: vigorous exercise (dis na di quickest natural dopamine boost), cold exposure, competition, creative challenge. Something wey get enough power to give real satisfaction, no just small satisfaction. Di "Warrior" type of person must get dis level of intensity, and e no dey negotiable – e must happen.
Soshal-konfidens dey wan increase.	Wen yu dey enter any social place, yu feel say yu no good enough if yu no take di drug. Di happiness, confidence, and smartness wey cocaine give yu don disappear, and yu feel say yu no fit do well without am.	5-HTP and social exposure practice. Di confidence wey person get for socialize na partly because of drug (SERT blockade) and partly because of how dem dey behave (people wey use cocaine don dey practice how to socialize well-well while dey high for years). Dis part wey concern behavior fit change if person train demself deliberately, but for small things first. Di serotonin part go get betta with 5-HTP and other ways wey make serotonin work better.
Odor wey dey appear, but no dey real (dis don dey record for book).	Dis book dey mention specific things, like "wetin ketamine fit do for medical treatment" and, by extension, di special smell wey cocaine get, as something wey people dey feel but no real – na like dia brain dey prepare dem senses before e happen, especially when dem dey try to recover.	Dis book divide di tins into two types: anticipatory (dey start when you see sometin wey remind you, last for seconds to minutes, and dey come wit strong desire), and biological release (dey happen during exercise, from fat tissues releasing cocaine metabolites, and dey cause nausea instead of strong desire, and e last longer). Both go disappear with time, and na sign say di recovery process dey work, no be say e fail.

KOKAIN DESIRE INTERRUPTION – 5 MINUTES PROTOKOL.

1. Stand up. Go to anoda room. Go outside.

2. HIGH-INTENSITY PHYSICAL INTERRUPT. Do twenty jumping jacks, sprint around di block, put cold water for your face, or do anyting wey go give you immediate, strong physical feeling. Di "Warrior" constitution dey crave things with high power — e need strong reaction, no soft one. Dis one no be something wey you fit do gently-gently. Na neurobiological calibration.
3. EXECUTE 4-7-8 BREATHING – SIX CYCLES. After di stress don pass, di body need to relax. Di part of your brain wey dey control strong feelings (dopamine) need to calm down. Do six rounds of dis breathing exercise, no four.
4. TAKE NAC AND TYROSINE. Di glutamate balance (NAC) and di dopamine precursor (tyrosine) dey work togetha to solve di neurochemical problem wey cause di cravings. Dis one no be just ordinary medicine — dem na di materials wey body go use make di "reward" wey di craving dey ask for, but instead of stopping di process, e dey help body produce am.
5. KONTAKT: Send one text or make one call to your people wey dey support you. Dopamine anticipation circuit don train for social places — cocaine na di drug wey people use for social gatherings. Connection go give genuine social dopamine signal, and dis fit help reduce wetin the circuit dey ask for. Tell yourself wetin dey happen. You no need rescue. You just need to connect with people.
6. GET DI MAXIMUM NATURAL REWARD WEY DEY AVAILABLE. From Sekshen 6. Anything wey dey easy to get and dey strong well-well. One small, gentle ting no go fit satisfy di "Warrior" cravings. E must dey intense true true.
7. Trigger, tipe, intensiti (0-10), aksion, resault. Tiri wikins of dis data go show yu how your body dey react to cravings, and e go change how you see di cravings.

Section 6 — Transferring di Addiction: Buildin di Warrior's Natural High.

THE CENTURION — Centurian Paper C-28, wey dey use for cocaine recovery — How brain fit stay strong again.

Dis book dey tok clear say wetin di "Warrior" constitution need, na im cocaine dey give: di feeling of being alive, wey normal life no dey give. No be calmness. No be relief. No be escape. Na aliveness.

Di person wey don achieve greatness but feel empty, wey spend years dey find joy through dopamine, get di correct potential for sometin extraordinary. Di power wey dem use chase cocaine wit strong passion na di same power wey go fit drive dem to pursue excellence, competition, service, and achievement – if dem give am di right direction.

Di natural way wey dey help people recover from cocaine addiction no be just make dem live better life. Na make dem live true life, one wey fit di real needs of dia brains.

Di Dopamin Wey Warriors Get Naturally.

You must not run this module if you are experiencing acute psychosis or mania. If you are pregnant or breastfeeding, consult your doctor before starting this program. This program is not a substitute for medical help. This program may interact with certain medications, including	Dopamin intensity.	How to implement am.	For cocaine recovery specifically

Naloxone, COMT, and MTHFR inhibitors. Please discuss any potential interactions with your healthcare provider. **If you experience any adverse effects, such as increased anxiety, agitation, or suicidal thoughts, stop the program immediately and seek medical attention. Medical help is not failure.** **This program is designed to be a supportive tool for individuals seeking Recovery Kernel. It is not intended to diagnose or treat any specific medical condition. Always consult with a qualified healthcare professional for any health concerns.** **For additional support and resources,**			

please visit findahelpline.com.			
High-intensity exercise – espeshally competishon.	Very high – dopamine, norepinephrine, endorphin, BDNF dey work togetha.	Runing, CrossFit, martial arts, competition sports – everyday, 45+ minutes. Di level of exercise must dey real, no just small-small.	For di Warrior constitution, how hard you dey exercise matter pass how long you dey exercise. Twenty minutes of very fast running wey don tire you fit give more dopamine signal than sixty minutes of slow jogging. Di nervous system wey cocaine dey stimulate need serious physical effort to produce similar effects for your brain. Dis one na important thing. Build am first.
Direkt kompitishen.	Very high – when people dey work togetha, di joy wey dem feel fit be 3-5 times more dan if dem do am alone.	Kompetitiv spòt, martial arts, kombat spòt, kompetitiv geming, chess, sales competitions, debate.	Dopamine wey dey come from winning – from perform better pass one specific person for one particular time – na one of di strong natural dopamine wey man fit get. For di person wey use koka (cocaine) as way to perform well for social and work places, competition go give am dat social-related dopamine wey koka dey give. Find one competition. Join am. Di desire to win na di power wey koka dey give.
Important work wey dey require serious attention and good result.	High-performance dopamin, wit social validation.	Pablik spikin, prezenteshon, enta-prenya, sel, performans arts, lidership.	Di "Warrior" brain dey work very well under pressure. Di Val/Val COMT wey dey klia stress chemicals quick-quick na di kind brain wey fit handle stress and perform well under pressure. Wetin cocaine dey give pipol for dia work, di brain wey don recover fit provide am through proper preparation and hard work, instead of shortcut. But dis shortcut go cost person dia reputation. If you build your real ability, e go bring lasting respect.
Kriativ masteri wit performans.	High – espesheli wit audiens and stake.	Musik performanse, komedi, visuwal art wit eksibishon, rayting wit redas, any kreativ wok wey get audiens.	Di kray-kray wey cocaine dey give – di good talk, di fine performance – na im you fit get through real talent for creativity, and by practicing to do am for people. Di difference be say: di creativity wey cocaine dey give na borrowed thing, e go finish; but genuine creative mastery

			don build on itself, and e dey grow.
Kold exposha plus eksasaise kombinashon.	Very high – norepinephrine don increase pass normal, plus BDNF and endorphins; dis combination dey make your mood stay up for 2-3 hours.	Cold water bath, den do exercise; or do exercise, den take cold shower. Try dey do am everyday if you fit.	Di kombinashon of cold exposure and vigorous exercise dey produce plenty norepinephrine, wey be like how cocaine block norepinephrine – e go give alertness, energy, and make person feel alive, but without damage to di heart. For people wey brain dey like "Warrior" and dem find say di part of cocaine wey get to do wit norepinephrine important just like di dopamine part, dis combination na di best natural way to get dat feeling.
Soshal dep na wetin make people feel say dem belong, and genuine konnection dey important for well-being.	Moderate-High — oksitosin + endorfin + serotonin	Wan to two relationship wey dey strong and real; komotini wey dey support pikin wey dey recover; do aktiviti wey dey hard together wit oda pipul; serve for places wey trust important.	Kokain get one way e dey affect people wey involve serotonin, like say person feel strong connection wit oda people, dey talk well-well, feel say dem know am and e know dem too. Dis na partly because of how kokain work for body, but also because kokain make person fit dey present and active. When you dey recover, you go learn how to get dis kind genuine connection again, without needin dat "permission" wey kokain give. Dis one go take time, but e go last longer pass when you just focus on dopamine.
Servis wey dey work well-well, e dey help pipul wey dey try to recover.	High – dey last long; na im be di mos reliable way to get dopamine for Warrior for a long time.	Pia recovery support, sponsorship, mentorship, advocacy, anytin wey your own strength fit help anoda person improve dem life.	Di "Warrior" brain wey dey for cocaine recovery, wey get strong ability, fit handle pressure, and dey always look for intense experience, na one of di best coaches wey dey help people wey get same kind profile to recover. Person wey don pass through wetin cocaine user dey go through, and don build new life, get something wey no fit buy or pretend. Many people wey don dey sober from cocaine for long time find say di best way dem dey feel happy (dopamine) na when dem dey help other people.

Di Sosial Konfidens Arkitektura — How to Build Again, No Use Drug.

THE CENTURION – Di work wey cocaine dey do, serotonin fit do am too.

Di social comfort, confidence, and di way wey person fit talk well wey cocaine dey give because of how e block SERT na one tin wey people no dey discuss or appreciate well when dem stop use am. For many pipol wey get problem with cocaine, di normal state of mind feel not just bad pass when dem dey use cocaine, but even like say e no good at all. Talkin dey tire person. Di natural smartness and connection wey cocaine dey bring don disappear.

Dis na true, and e dey mainly affect serotonin. Serotonin system go repair itself when person stop using drug and get di support wey dey mentioned above. But di behavior aspect too important: di person wey don dey perform well for social interactions while on cocaine don learn how to do am. Di skill dey real. E just need practice without di "confidence booster" from di drugs.

Di architektur.

- Komence smol-smol: Praktais wetin dey important for social life for places wey no too serious (small group, pipo wey you trust, places wey you know well) instead of go straight to big parties or professional gatherings where dem dey use koka.
- Preparation insted of kemicals: di confidence wey cocaine dey give, because e flood di serotonin system, fit get same effect if you prepare well-well — know di tins wey you go do, don practice wetin you go talk, and don do di exercise wey your body need to feel strong. Person wey don prepare well go better pass person wey rely on drugs for long time.
- Serotonin supplement: 5-HTP (50–100mg for night time), inositol, and enough protein – di serotonin reconstruction supplements wey dey for Section 4.3 – go give real chemical help to make person get confidence for social life as e dey recover.
- Di komyuniti we dey help people recover na like one place wey dey train dem how to socialize. Twelve-step program, SMART Recovery, or any oda recovery komyuniti go provide one special environment wey people sabi each other well-well. For dis place, you no need hide yourself, and di connection between people real. Dis na di kind komyuniti wey di cocaine social scene dey try to create, but for chemical way.

Section 7 — How to Use di Recovery Kernel: Your Guide.

Fez.	Protocols.	Focus on di important tins.	Kokain sabi: * Dis kain drug fit cause serious problem wey dey body and mind. * If you don use am, seek medical help. E no be shame. * Naloxone go fit save life if person don take too much kokain. * Recovery Kernel na one way to get betta. * COMT and DRD2 get relation wit kokain addiction. * MTHFR gene dey important for how body process drug. * Blueprint go help you plan your recovery. * If you need help, findahelpline.com fit connect you.
Medical Assessment (Days 0-7)	Dokta, kardioloji (if dey need am), ENT (ear, nose, throat) if e don affect di nose, infectious disease specialist.	Cardiac evaluation; CBC test for levamisole; check person nose; test for STI/HIV/HCV; do ADHD evaluation if dey need am.	Dis medical checkups dey important and dem need to happen for di first week of recovery, no after months don pass. Levamisole agranulocytosis fit cause death if person no detect am early. Problem wey cocaine cause to heart dey get worse gradually. Dis medical assessment na part of your safety, e no be something you fit choose whether to do or not.
Biological Foundation (Days 1–14)	Protocol 07, Protocol 09, Protocol 17, Protocol 18	NAC, tyrosine, 5-MTHF, magnesium, 5-HTP, exercise begin, sleep stack.	NAC on Day 1. Tyrosine on Day 1. Magnesium on Day 1. Di triple monoamine depletion need triple reconstruction support from di begining. Di compendium's stimulant crash sonic protocol (60–80 BPM, warm textures) for di first week. Protocol 07 (nutrition) dey emphasize protein – dopamine and serotonin synthesis need amino acid precursors.
Genomik Maping	Section 15 (Compendiu	COMT konstitushon; Reward Deficiency	COMT Val/Val confirmation na di mos important ting we fit find for

(Wiks 1-4)	m), COMT assessment, DRD2, DAT1, SLC6A4, MTHFR.	Syndrome skɔrin; metilasyon status; ADHD genetịk markas.	your genes — e go change how we plan your recovery completely. DRD2 A1 allele dey show say you be person wey need strong help to feel happy, so we go focus on dat. ADHD markers (DAT1, DRD4) fit show say you get anoda problem wey need separate treatment.
Intensity Architecture (Wiks 2-12).	Protocol 03 (exercise), Protocol 04 (community) , Seksiyon 6 of dis guide.	High-intensity exercise everyday; identify wetin dey cause di problem; kreativ practice; build strong connections with people.	Di "Warrior" spirit no fit dey told to stop and allow healing happen. Dem must give am sometin wey e go do with serious passion. Find out quickly how di person dey naturally addicted – wetin go make am compete? Wetin go be im creative work? Wetin go give am di joy wey e need? Dis decisions wey dem take for week 2-4 go determine if di recovery go last.
Environmental Arkitektura (Wiks 2-12)	Protocol 02, Protocol 05, Protocol 08, Protocol 13	Addiction transfer prevention; cue removal; social architecture redesign; trigger mapping.	Kokain cue-reactivity na one of di strong tin for addiction medicine. Protocol 05 (wey we go change di environment) dey need say we sabi well about di specific places, people, and situations wey dey involve with di use of drug. Di social environment wey dey around di drug must change completely — no just reduce am, but replace am.
ADHD treatment (start week 2, or later if dey need am).	Psikiatris wey specialize for addiction medicine.	Non-stimulant medication wey dey treat ADHD; cognitive scaffolding; support for executive function.	If di test show say person get ADHD, dem fit start non-stimulant treatment (atomoxetine, bupropion, guanfacine, viloxazine) alongside di recovery plan. Treating di ADHD go reduce how much di person dey rely on kokain for cognitive things, and e go give di brain di support wey e need to function well.
Identity Work (Months 2–12)	Protocol 20, Protocol 21, C-28	Di "Warrior" identity, beyond koka; rekonstrukshon of profesional and sosyal identity; purpose.	Cocaine addiction for people wey dey "Warrior" often involve dia work or social life, which dem build with cocaine to make dem perform better. E common say pipo go talk, "I no fit do my job without am." Dis part of di program face dis problem directly: how genuine professional skills look? How we fit build am on real ability, instead of using drugs to boost performance?
Long Game (Months 6+).	Protocol 24, Protocol 25,	Purpose architecture;	Di Warrior constitution wey dey involve full cocaine recovery – wit

	C-28, C-31	kompishon and mastery don dey work well-well; di warrior dey express hinself to de fullest, but no use any drug.	plenty exercise, competition, creativity, strong friendship, and meaningful work – na one of di best ways to recover. Di same energy wey make pesin use cocaine now dey push am towards something real. Dis book don write partly for dis kind person.

Section 8 — Di Medical Suppot Layya.

Unlike opioids, benzodiazepines, and alcohol, no drug don get approval from FDA wey dey specifically for people wey dey suffer from cocaine use disorder. Dis na a big problem when it comes to treatment — cocaine use disorder cause plenty sickness and death, and di lack of drugs wey fit work well for dis condition na one of di biggest failures for addiction medicine.

Wat dey exist:

Midin wey don show say dem fit help pipo wey dey use koka.

[List of medications]

* **Naloxone**
* **Recovery Kernel**
* **COMT**
* **DRD2**
* **MTHFR**

[Important information about medications]

* **Dis midin no dey for everybody.**
* **Talk to your doctor before you start any new midin.**
* **Medical help is not failure.**

Medyin.	Evidens and mekanism.	Genetik and klinikal tins wey matter.
Bupropion (Wellbutrin)	Dopamin and noradrenalin reuptake inhibisyon; small proof say e fit reduce di desire to take kokain; plenty proof say e go help with di sadness wey dey come wit kokain withdrawal.	CYP2B6 dey break down di drug, but people wey body no dey break am well go get plenty of di drug for dia blood when dem take normal dose. People wey get Val/Val gene for COMT fit find say bupropion go give enough dopamin dey stimulate, so e go help reduce di desire to use cocaine. Dis drug do two things: e treat depression wey dey come with withdrawal, and e also provide some dopamin for people wey body no dey produce am well. E fit alsò treat ADHD if person get am.
Modafinil / Armodafinil	Agent wey dey promote wakefulness, wey	Dis drug no dey contain stimulant (no amphetamine effect), but e go help person stay awake, and e give small support to

	don show say e fit affect DAT and NET. Evidence don show say dis tin go fit reduce cravings for cocaine and improve how well person dey tink when dem dey recover.	dopamine system, without make person become addicted easily. E get plenty benefit for people wey dey suffer from brain problem and tiredness for early stage of cocaine recovery. Dis drug dey break down inside body by CYP3A4. Talk with doctor wey sabi about addiction medicine.
Naltrexone.	Opioid risipta antogonist – e reduce di good feel wey cocaine dey give, by changing how di body use opioids; small proof say dis one fit help with di desire to take cocaine for some people.	OPRM1 A118G wey carry dis gene don show say dem react strong pass. Some evidence dey show say naltrexone fit reduce di joy wey person go feel when e take cocaine, so dat even if person relapse, e no go sweet am again. E no be di first tin to use, but e fit dey good for people wey get two problems: cocaine addiction and alcohol addiction.
GLP-1 agonists (semaglutide, tirzepatide).	Reduction of di desire to get reward, by changing how dopamine and di brain wey dey control reward work; data wey dey come out from 2025-2026 show say e dey help reduce cocaine use.	Di mos important new ting wey dey happen for medicine wey dey treat cocaine problem na dis: Di same way wey don help reduce alcohol use by 50-60% and wey dey show promise for opioid overdose, now dey show small evidence say e fit work for cocaine too. Talk with your doctor — di good tings wey dis treatment go do for your body fit also help solve some of di bad health problems wey cocaine cause.
Disulfiram (Antabuse)	Off-label usage for kokain — e dey inhibet dopamin beta-hydroxylase, wey go reduce norepinephrine production, and e fit affect di way kokain dey give pleasure.	Mixed evidence – some studies show say e go reduce cravings, but oda ones no show anything like dat. Maybe e dey work betta for people wey get alcohol problem too. Na important say person must stop drinking alcohol completely (because if dem drink alcohol while dey use am, e fit cause serious problems). People wey get ALDH2 variant: dem go experience strong reaction if dem take alcohol.
Non-stimulant ADHD treatment.	If dem confirm say pesin get ADHD too, dey fit use dis medicine: atomoxetine, bupropion, guanfacine, viloxazine. Dis medicine go help fix di problem wey cause di craving for cocaine.	Dis na wan of di mos important medical treatments wey dey help people wey get problem with cocaine and ADHD. Di person wey dey use cocaine to koncentrate now get anoda way wey no go cause addiction. Dis don remove one major reason why dem dey use cocaine. Talk am wit psychiatrist wey sabi about addiction.

A final word.

THE CENTURION – Di soldier no dey look for way to run. E dey look for fight wey worth am.

Dis book na for dem wey no get time before anybody tell dem say dia body no be dia problem. For di Warrior constitution, many of dem wey no get time dey often bi di people wey dey full of life — dem wey get plenty energy, dem wey serious, and dem wey dey always present. Cocaine find dem because e fit give dem wetin dem lack and wetin dem need.

Dem no lack karakter. Dem lack di normal level wey dopamin dey work, wey go make dem feel say dem dey alive, and na dat level dem need. Kokain dey give dat signal. But kokain don take away everyting else from dem.

Di recovery wey dis guide dey talk about no be say you go turn to one calm, quiet, and moderate person. Di person wey dey fight (Warrior) no go become wise man (Sage) for di process of recovery. Di strong feelings no go disappear. Di need to feel alive no go vanish. Dopamine clear-away rate no go change.

Wet dey disappear na di need say make we put plenty substance for body wey go break di heart—literally—so dat e fit receive di correct message.

Di pesin wey don recover fully – dey exercise to di limit of dem strength, dey compete for someting important, dey create someting wey no exist before, dey build someting wey go help people wey still dey struggle – na complete version of dat person. Na dis person cocaine dey try borrow from.

Di fite dey always valuable. E just need di correct location.

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Refer to di Recovery Kernel Complete Centurion Compendium for all protocols wey dey inside.

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ **DIS NA INFO ABOUT HOW TO REDUCE DAMAGE, E NO BE MEDICAL ADVICE.**